



THE LORD'S FLOCK GROWTH DIGEST

PASTORAL GROWTH SERIES

“PRAYER POINTERS”

P.U.S.H. Series – Part 6

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The Bible teaches us that God loves variety and He speaks to each of us differently. There is no right or wrong way to pray or one position of prayer that is superior to another. We only need to humble ourselves before the Lord, acknowledge His Lordship in our lives, and pray without ceasing (1 Thessalonians 5:17). Sometimes it is not just about what we are praying, but how we are praying. The posture, time, and place of our prayers can take our prayer life to a whole new level of intimacy with Christ.

1. Position of Prayer

- 1.1 Sitting (Acts 2:2; Luke 10:13)
- 1.2 Kneeling (Acts 9:4; Ezra 9:5)
- 1.3 Raising Hands (1 Timothy 2:8)
- 1.4 Bowing (Psalm 95:6; Exodus 34:8)
- 1.5 Prostrating (2 Samuel 12:16; Matthew 26:39)
- 1.6 Standing (Mark 11:25)
- 1.7 Walking (Genesis 13:17)
- 1.8 Lying in Bed (Psalm 63:6)

2. Time to Pray

- 2.1 Early in the morning (Mark 1:35; Acts 10:9; Psalm 5:3; 63:1; 88:13)
- 2.2 Noon (Acts 10:30)
- 2.3 Evening (Psalm 55:17; Matthew 26:38-41)
- 2.4 Midnight (Acts 16:25)
- 2.5 Day and Night (1 Timothy 5:5; 1 Thessalonians 3:10)
- 2.6 All Night (Luke 6:12)
- 2.7 Multiple Times (Psalm 55:17)
- 2.8 Unceasingly (1 Thessalonians 5:17-18)
- 2.9 Always (Luke 18:1)

3. Place to Pray

- 3.1 In the church (Mark 11:17; Acts 22:17)
- 3.2 In the house (Daniel 6:10; Acts 9:39-40)
- 3.3 On the street (Acts 16:18)
- 3.4 On the way to church (Acts 3:1)
- 3.5 In the Closet (Matthew 6:6)
- 3.6 At the Housetop (Acts 10:9)
- 3.7 In Wilderness (Luke 5:16)
- 3.8 In the Garden/parks/greenery (Matthew 6)
- 3.9 In a Solitary place (Luke 9:18)
- 3.10 In jail (Acts 16:22-35)
- 3.11 On the Waterside (Acts 21:5)
- 3.12 Anywhere (1 Timothy 2)
- 3.13 Everywhere (Ephesians 6:18)

Conclusion:

There are no rules, no right nor wrong way, just as long as we pray with a humbled heart. We should always be spirit-led and never be led by anything or anyone else. Regardless of any physical position, time, or place where we pray, the most important posture is truly the posture of our heart. Thus, we should develop a prayer routine that aligns with our understanding of what it means to pray passionately, persistently, precisely and positively. We should pray with praise in our hearts.

Reflection:

1. How do you pray?
2. Do you have an established prayer time?
3. How is your relationship with God?

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